		Target Distance	Type	Completed Distance	Target	Completed	KEY	Target	Completed
BLOCK 1	Mon 12 Apr	4.00	E	4.00			E = Easy		
	Tue 13 Apr	6.50	E	6.50			L = Long		
	Wed 14 Apr	6.50	E	11.00			T = Tempo		
	Thu 15 Apr	11.00	E	6.50			H = Hills		
	Fri 16 Apr	REST DAY					I = Intervals		
	Sat 17 Apr	6.00	H	6.00	34.0	34.0			
	Sun 18 Apr	11.00	L	11.00					
	Mon 19 Apr	6.50	E	6.50					
	Tue 20 Apr	7.00	2 x E	6.50					
	Wed 21 Apr	11.00	L	11.00					
	Thu 22 Apr	10.50	2 x E	4.00					
	Fri 23 Apr	REST DAY		6.50					
	Sat 24 Apr	6.00	H	6.00	52.0	51.5			
	Sun 25 Apr	REST DAY							
	Mon 26 Apr	9.50	2 x E	9.50					
	Tue 27 Apr	10.00	2 x E	7.00					
	Wed 28 Apr	15.00	1 x E, 1 x L	4.00					
	Thu 29 Apr	13.50	3 x E	13.50					
	Fri 30 Apr	REST DAY		4.00					
	Sat 01 May	6.00	H		54.0	38.0			
	Sun 02 May	11.00	L	11.00					
	Mon 03 May	6.50	E	4.00					
	Tue 04 May	7.00	2 x E	15.00					
	Wed 05 May	11.00	L	6.50					
	Thu 06 May	10.50	2 x E						
	Fri 07 May	REST DAY							
	Sat 08 May	6.00	H		52.0	36.5			
Step back >	Sun 09 May	7.00	L	7.00					
	Mon 10 May	4.00	E						
	Tue 11 May	6.50	E						
	Wed 12 May	6.50	L	10.50					
	Thu 13 May	7.00	2 x E	6.50					
	Fri 14 May	REST DAY						BLOCK TOTAL	
	Sat 15 May	6.00	H		37.0	24.0		229.00	184.00
BLOCK 2	Sun 16 May	15.00	L	15.00					
	Mon 17 May	6.50	E						
	Tue 18 May	6.50	T						
	Wed 19 May	11.00	L						
	Thu 20 May	10.50	2 x E						
	Fri 21 May	REST DAY							
	Sat 22 May	6.00	H		55.5	15.0			
	Sun 23 May	15.00	L						
	Mon 24 May	6.50	E						
	Tue 25 May	6.50	T						
	Wed 26 May	11.00	L						
	Thu 27 May	10.50	2 x E						
	Fri 28 May	REST DAY							
	Sat 29 May	6.00	H		55.5	0.0			
Step back >	Sun 30 May	7.00	E						
	Mon 31 May	4.00	E						
	Tue 01 Jun	6.50	T						
	Wed 02 Jun	6.50	L						
	Thu 03 Jun	7.00	2 x E						
	Fri 04 Jun	REST DAY							
	Sat 05 Jun	6.00	H		37.0	0.0			
	Sun 06 Jun	15.00	L						
	Mon 07 Jun	10.50	2 x E						
	Tue 08 Jun	6.50	T						
	Wed 09 Jun	11.00	L						
	Thu 10 Jun	10.50	2 x E						
	Fri 11 Jun	REST DAY							
	Sat 12 Jun	6.00	H		59.5	0.0			
	Sun 13 Jun	15.00	L						
	Mon 14 Jun	10.50	2 x E						
	Tue 15 Jun	6.50	T						
	Wed 16 Jun	11.00	L						
	Thu 17 Jun	10.50	2 x E						
	Fri 18 Jun	REST DAY							
	Sat 19 Jun	6.00	H		59.5	0.0			
Step back >	Sun 20 Jun	7.00	E						
	Mon 21 Jun	4.00	E						
	Tue 22 Jun	6.50	T						
	Wed 23 Jun	6.50	L						
	Thu 24 Jun	7.00	2 x E						
	Fri 25 Jun	REST DAY						BLOCK TOTAL	
	Sat 26 Jun	6.00	H		37.0	0.0		304.00	15.00
BLOCK 3	Sun 27 Jun	15.00	L						
	Mon 28 Jun	6.50	E						
	Tue 29 Jun	6.50	I						
	Wed 30 Jun	11.00	L						
	Thu 01 Jul	10.50	2 x E						
	Fri 02 Jul	REST DAY							
	Sat 03 Jul	6.00	H		55.5	0.0			
	Sun 04 Jul	15.00	L						
	Mon 05 Jul	6.50	E						
	Tue 06 Jul	6.50	I						
	Wed 07 Jul	11.00	L						
	Thu 08 Jul	10.50	2 x E						
	Fri 09 Jul	REST DAY							
	Sat 10 Jul	6.00	H		55.5	0.0			
Step back >	Sun 11 Jul	7.00	E						
	Mon 12 Jul	4.00	E						
	Tue 13 Jul	6.50	T						
	Wed 14 Jul	6.50	E						
	Thu 15 Jul	7.00	2 x E						
	Fri 16 Jul	REST DAY							
	Sat 17 Jul	6.00	H		37.0	0.0			
	Sun 18 Jul	15.00	L						
	Mon 19 Jul	6.50	E						
	Tue 20 Jul	6.50	I						
	Wed 21 Jul	11.00	L						
	Thu 22 Jul	10.50	2 x E						
	Fri 23 Jul	REST DAY							
	Sat 24 Jul	6.00	H		55.5	0.0			
	Sun 25 Jul	15.00	L						
	Mon 26 Jul	6.50	E						
	Tue 27 Jul	6.50	I						
	Wed 28 Jul	11.00	L						
	Thu 29 Jul	10.50	2 x E						
	Fri 30 Jul	REST DAY							
	Sat 31 Jul	6.00	H		55.5	0.0			
Step back >	Sun 01 Aug	7.00	E						
	Mon 02 Aug	4.00	E						
	Tue 03 Aug	6.50	T						
	Wed 04 Aug	6.50	E						
	Thu 05 Aug	7.00	2 x E						
	Fri 06 Aug	REST DAY						BLOCK TOTAL	
	Sat 07 Aug	6.00	H		37.0	0.0		296.00	0.00
BLOCK 4	Sun 08 Aug	6.20	10k RACE						
	Mon 09 Aug	6.50	E						
	Tue 10 Aug	6.50	I						
	Wed 11 Aug	11.00	L						
	Thu 12 Aug	10.50	2 x E						
	Fri 13 Aug	REST DAY							
	Sat 14 Aug	6.00	H		46.7	0.0			
	Sun 15 Aug	15.00	L						
	Mon 16 Aug	6.50	E						
	Tue 17 Aug	6.50	I						
	Wed 18 Aug	11.00	L						
	Thu 19 Aug	10.50	2 x E						
	Fri 20 Aug	REST DAY							
	Sat 21 Aug	6.00	H		55.5	0.0			
Step back >	Sun 22 Aug	7.00	E						
	Mon 23 Aug	4.00	E						
	Tue 24 Aug	6.50	T						
	Wed 25 Aug	6.50	E						
	Thu 26 Aug	7.00	2 x E						
	Fri 27 Aug	REST DAY							
	Sat 28 Aug	6.00	H		37.0	0.0			
	Sun 29 Aug	15.00	L						
	Mon 30 Aug	6.50	E						
	Tue 31 Aug	6.50	I						
	Wed 01 Sep	11.00	L						
	Thu 02 Sep	10.50	2 x E						
	Fri 03 Sep	REST DAY							
	Sat 04 Sep	6.00	H		55.5	0.0			
	Sun 05 Sep	11.00	L						
	Mon 06 Sep	6.50	E						
	Tue 07 Sep	6.50	T						
	Wed 08 Sep	11.00	L						
	Thu 09 Sep	10.50	2 x E						
	Fri 10 Sep	REST DAY							
	Sat 11 Sep	6.00	H		51.5	0.0			
Step back >	Sun 12 Sep	7.00	E						
	Mon 13 Sep	4.00	E						
	Tue 14 Sep	4.00	E						
	Wed 15 Sep	4.00	E						
	Thu 16 Sep	4.00	2 x E						
	Fri 17 Sep	REST DAY						BLOCK TOTAL	
	Sat 18 Sep	4.00	E		27.0	0.0		273.20	0.00
	Sun 19 Sep	RACE DAY							
					1102.2	199.0	miles		